

# EAT, DRINK, PLAY, REPEAT

**NUTRITION** is all about eating the right kinds of foods to keep your body healthy and strong.

Fruits and Veggies = Vitamins and Minerals keep skin healthy.

Meat and Dairy = Proteins to build muscle, and keep your hair, nails and skin strong

Whole Grains = Carbohydrates give you energy to help your body and mind!

Nuts and olive oil = Healthy fats for brain function and healthy skin.

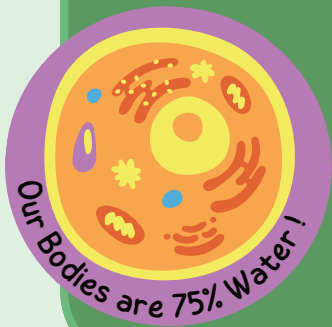


Fill your plate with Whole Foods!



**HYDRATION** means making sure your body has enough water to stay healthy and function properly

Water reserves help us stay cool, digest food, and clean our bodies of toxins and waste. Our body releases water when sweating so keep yourself hydrated, especially on hot days and when exercising!



**EXERCISE** is moving your body to keep your muscles active and your heart engaged. Exercise

not only helps you build muscle, but it keeps your heart and lungs healthy. When you exercise, your brain releases endorphins which signal your body to stay energetic and make you feel happy. Find activities that you enjoy like sports, dancing, walking, or riding your bike, to stay happy, strong, and healthy!

